

Homework Assignments

Week 2 – Throwing/Pitching Drills

You can find the answers to the assignment questions by viewing the “Throwing Drills” handout in the baseball video library:

<http://www.pitchingdoc.com/index.php?p=397950>

Be sure to have your login information (Username and Password)

“Super Six” Concepts for Injury Prevention

You can find the answers to the assignment questions by viewing my 2011 Newsletter “Super Six Concepts for Injury Prevention”

<http://www.pitchingdoc.com/index.php?p=251516>

You DO NOT need your login information.